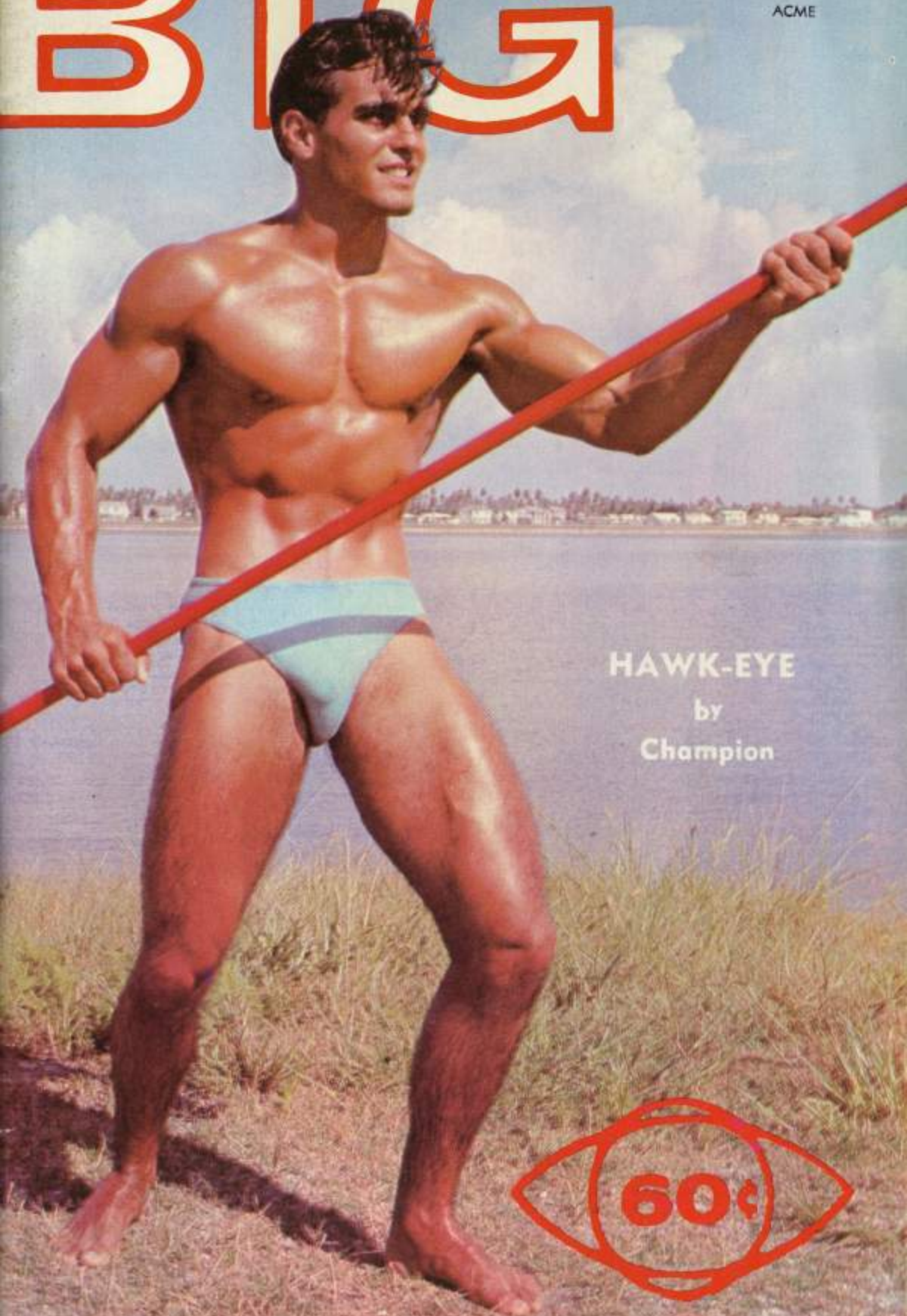


BIG

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ACME



HAWK-EYE

by

Champion

60¢

Instructive Text and Photos, ART - EXERCISE - HEALTH



HAWK-EYE, part French part American Indian, answers the call of the wilderness at rustic Sunshine Beach, Florida where he is physical director. **HAWK-EYE** scouts around increasing his great knowledge of Nature and will share his naturist discoveries with nudist friends. His profound concern for health and physical well-being has laid the foundation for his future studies in medicine.

VOL 5, No.11

SEPT. 1967

Eye of the



ARTIST

Eye of the



BEHOLDER

Eye of the



CAMERA

THE

BIG

VIEW

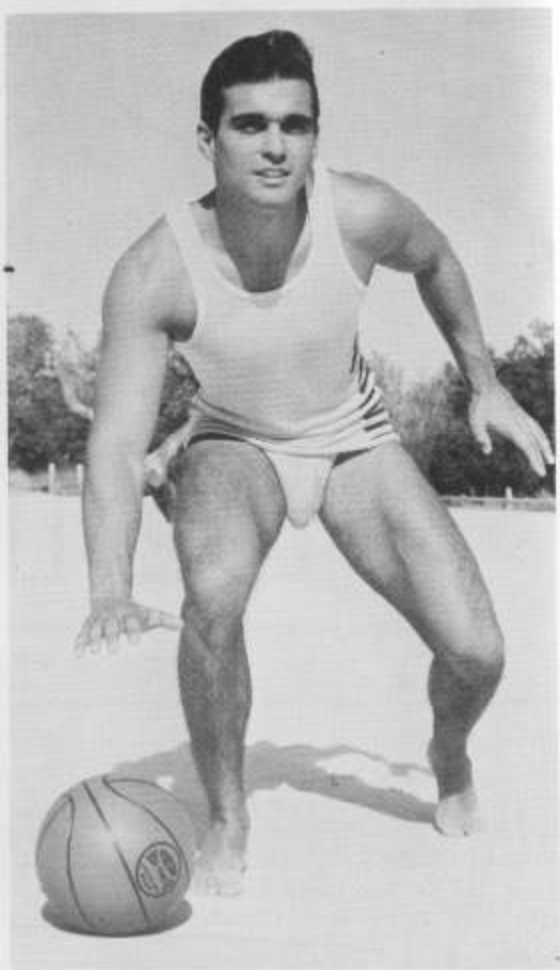
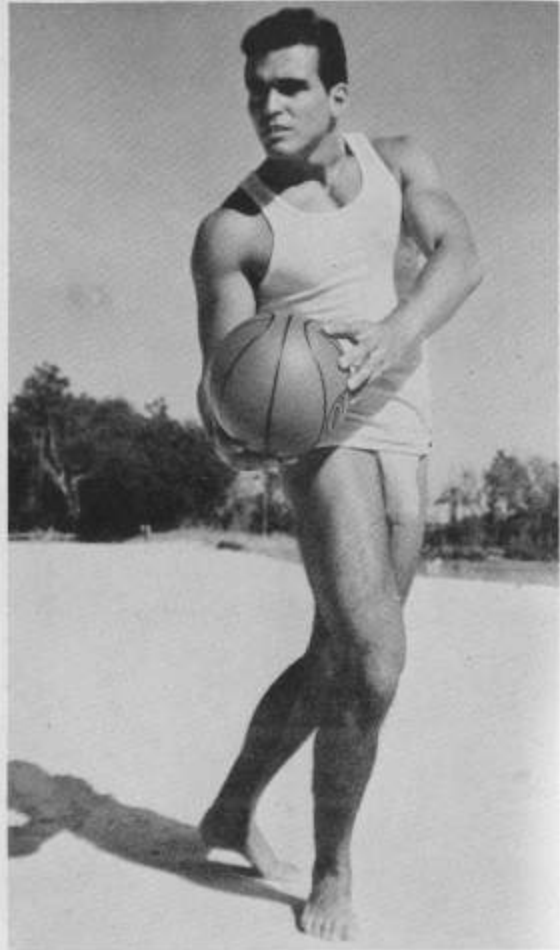
**BIG's point of view should serve to inspire the development
toward perfection of mind, body and health.**

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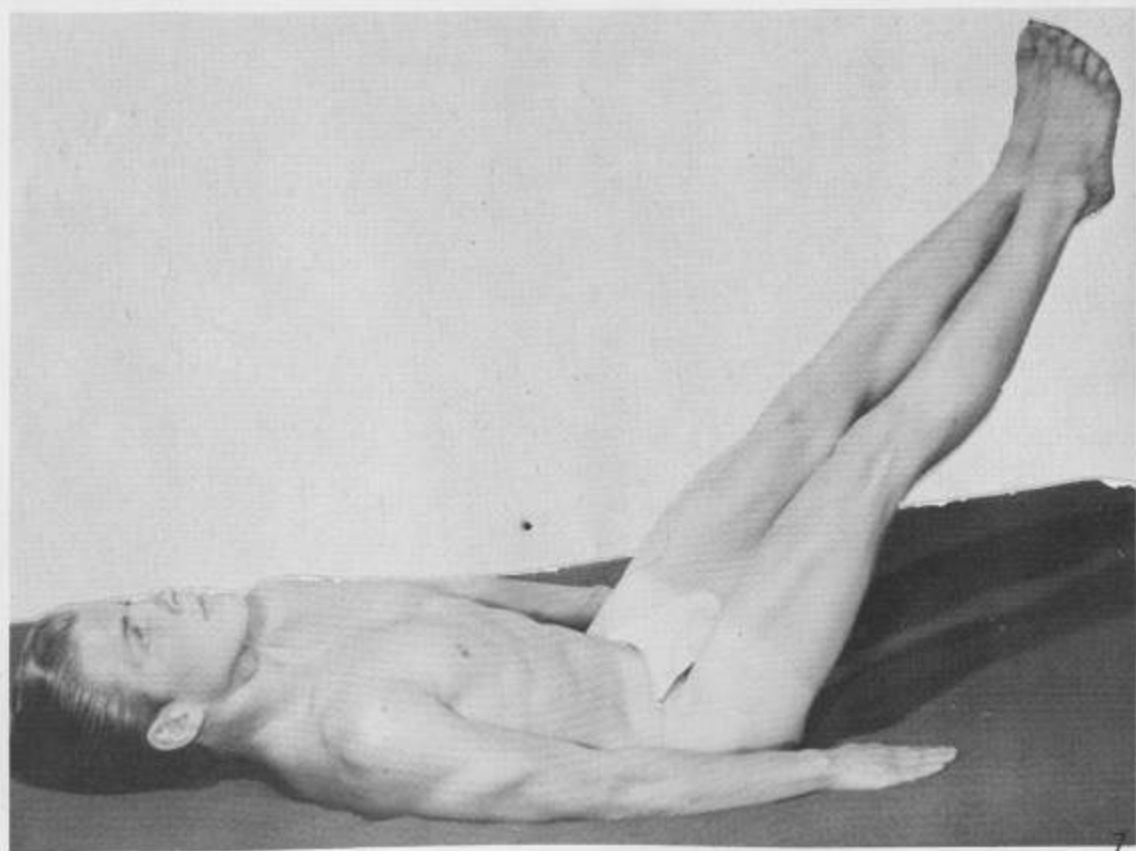
Versatile HAWK-EYE practices his favorite shots, lay-ups and one handed jumps, in his spare time. He is always willing to teach the fundamentals of basketball to the young men at Sunshine Beach. But when they talk to him about newspaper clippings of himself, he quickly changes the subject. HAWK-EYE already has a varsity letter from his college making him a very important BIG man on campus. Order his exciting selector catalog by Champion. See pages 36, 37.



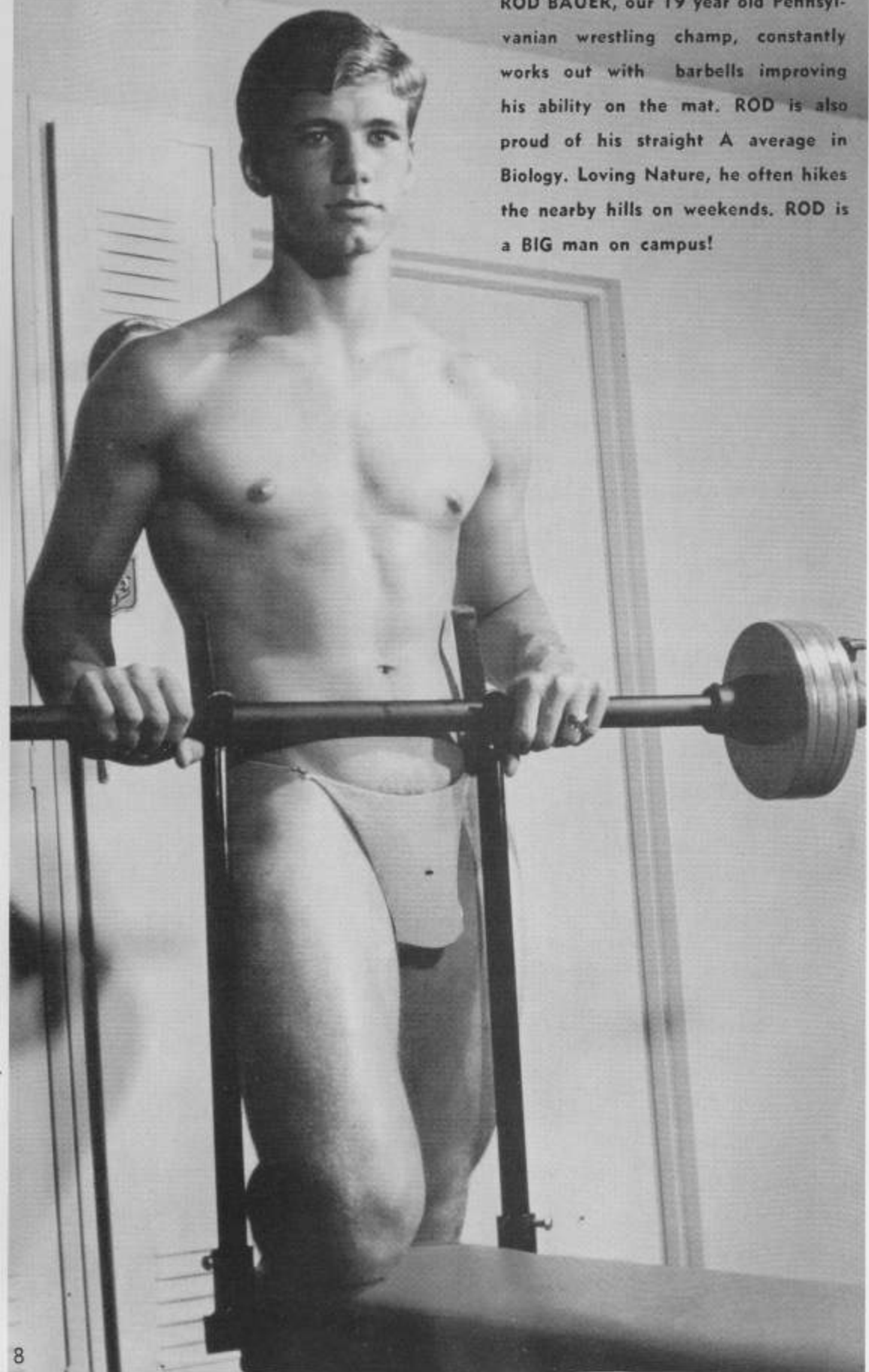


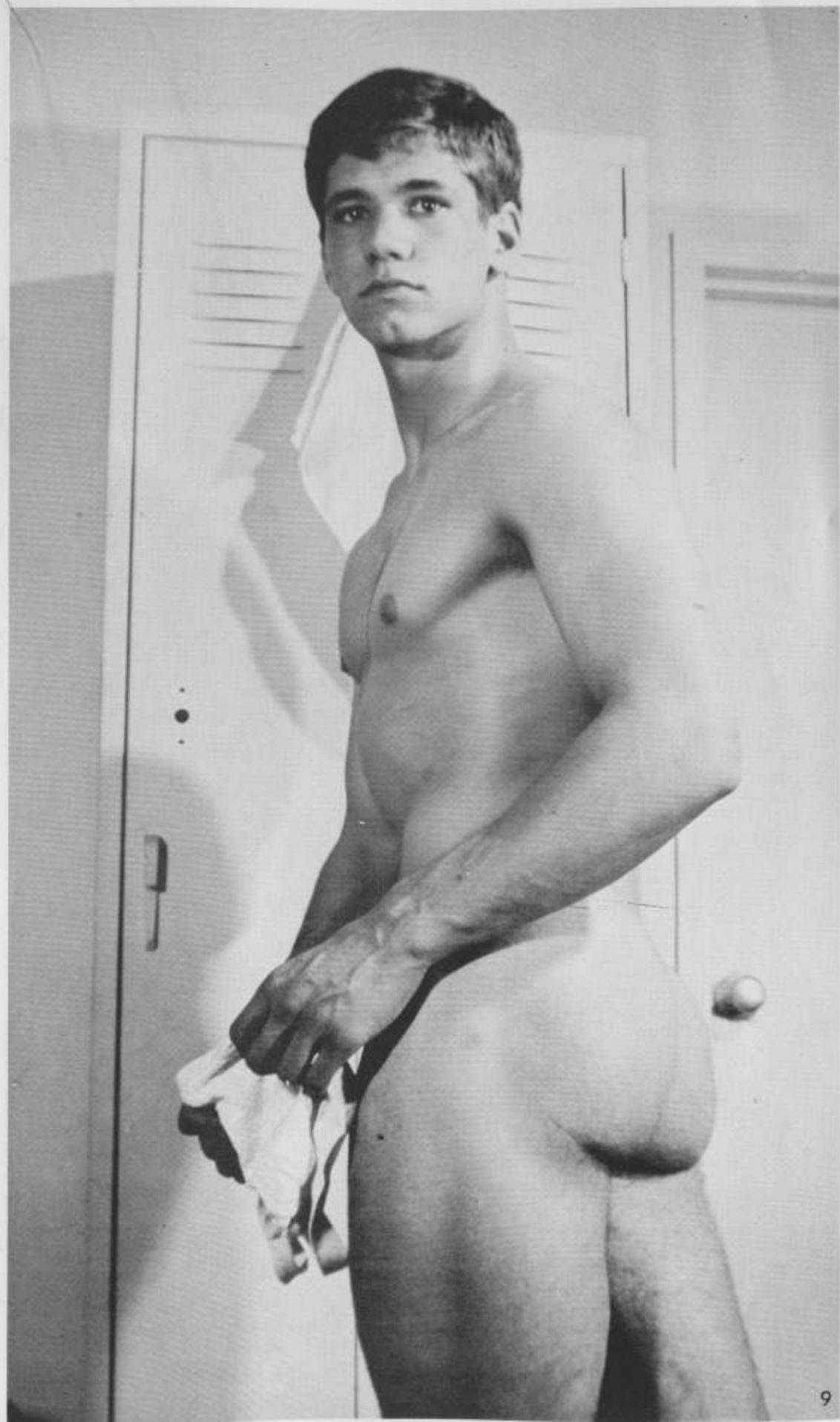


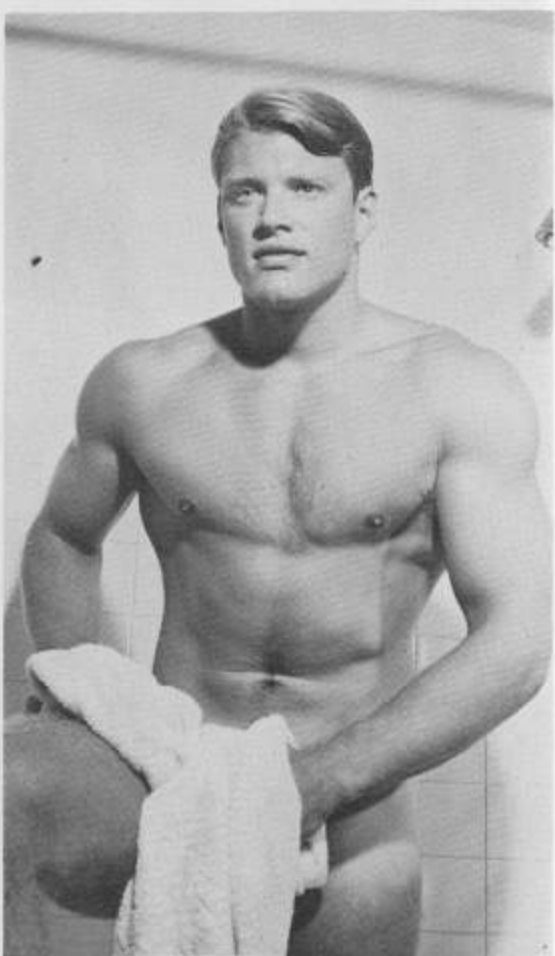
Young trailblazing **BUDDY HOLLAND** hits the bullseye again as he keep his action physique in top condition at a deserted mountain lake. Operating a ham radio from his mountain top cabin, **BUDDY** keeps in touch with fellow radio buddies. His signal is loud and clear. **BUDDY** tells us that he is in tune with Nature up on the mountain and doesn't want to return to civilization. For more **BUDDY HOLLAND**, see his selector catalog by Champion. Pages 36, 37.



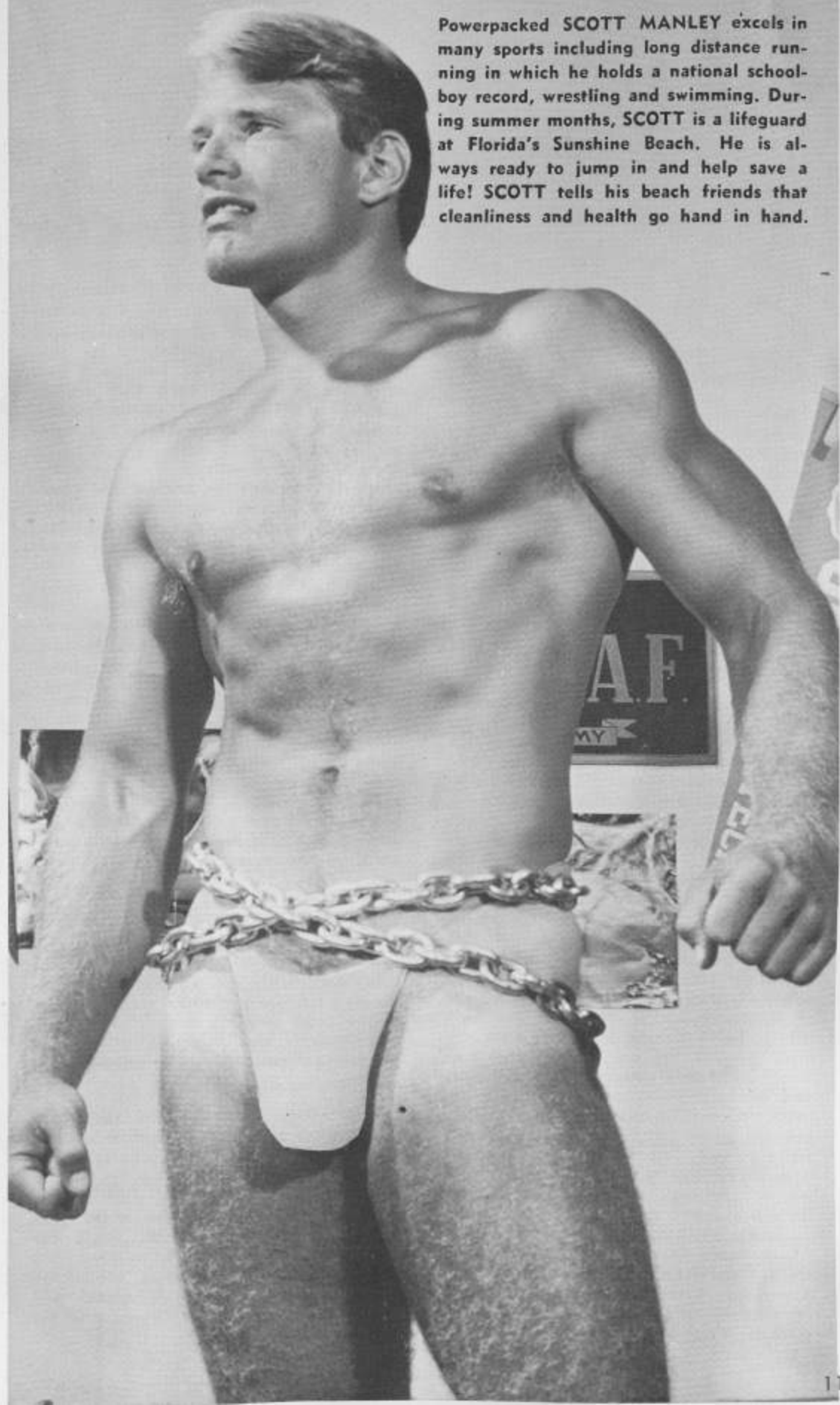
ROD BAUER, our 19 year old Pennsylvanian wrestling champ, constantly works out with barbells improving his ability on the mat. ROD is also proud of his straight A average in Biology. Loving Nature, he often hikes the nearby hills on weekends. ROD is a BIG man on campus!

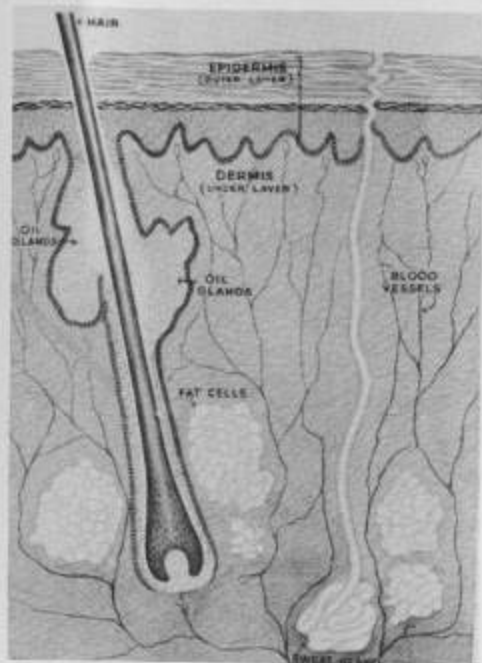






Powerpacked **SCOTT MANLEY** excels in many sports including long distance running in which he holds a national school-boy record, wrestling and swimming. During summer months, **SCOTT** is a lifeguard at Florida's Sunshine Beach. He is always ready to jump in and help save a life! **SCOTT** tells his beach friends that cleanliness and health go hand in hand.





YOUR SKIN

by DICK FALCON

Structure, Functions and Care

Many things necessary for good health are received through the skin, a sense organ. You experience touch and feeling through the skin and it is always receiving sensations from things around you. The skin is the protective covering of the body shielding you from too much heat and cold, dirt and disease. It is your largest organ, varying in texture and in thickness at different parts of the body. The skin is a cleansing organ. Blood carries wastes from the inner parts of the body and the skin discharges them in the form of perspiration.

Your skin is comprised of two distinct layers. The epidermis is the outer layer and can be cut or pricked without pain or bleeding. The epidermis protects the dermis, the inner layer of skin. The dermis contains nerve endings, capillaries, blood vessels, sweat glands and hair cells with microscopic muscles and oil glands around them. Fat cells and pigment cells with a network of connective tissue and blood vessels are also found in the dermis. Wherever there is pressure or rubbing, the body produces extra layers of skin thickenings called calluses. They are prominent on the soles of your feet and palms of your hands. In the dermis, nails of fingers and toes and hair are constantly being developed. Nails push upward through the epidermis to the surface. Oil glands surround the hair roots and stems. Muscles are attached to the roots. When the muscles contract they produce goose pimples making the hairs stand on end. The skin over most of your body is covered with minute hairs varying in thickness, color and length. Soft hairs are found on the arms and body. Eyelashes and eyebrows have stiffer hairs. Those found on your head and scalp are thicker and longer. The part of the hair above the root is insensitive. Oil glands, which surround hair in the dermis, produce oil which moisturizes the skin keep-

ing it soft. Oil and perspiration are continually reaching the surface of the skin through the pores. The two small oval sacs at the root of each hair are oil glands and oil comes out around the hair slowly rising to the surface as it is needed. This oil makes your hair soft and sheeny. Pigment cells in the skin determine its color and the amount and distribution of pigment determines whether you will freckle, burn or tan when exposed to the sun. When the body needs additional energy, the food stored in the fat cells is oxidized. Fat protects against sudden temperature changes. It also gives shape to the body and protects other organs and bones. Nourishment for the skin tissue is carried by the blood vessels which are located in the dermis, but they also reach close to the epidermis.

If wounds are cleansed and kept clean with antiseptic and sterile gauze, the blood supply will make it possible for new skin to grow beginning at the edges until the wound is healed. Doctors are able to make skin grafts from healthy unaffected areas of the body when wounds are large and serious.

BODY HEAT

The variation in body temperature in well individuals ranges from 97° to 99° Fahrenheit with the average at 98.6°. Illness produces a greater variation. One of the most amazing powers of the human body is the ability to maintain a constant temperature under varying conditions.

You should know how to take your temperature because its rise usually means an illness. Use a clinical thermometer and shake it down to 95° or lower before putting it in your mouth. Place it under the tongue, close your lips and wait five minutes. Hold the thermometer horizontally up in good light and read it: Thermometers should be washed in cold soapy water, rinsed, and dipped in alcohol. Allow it to dry in the air then put it away.

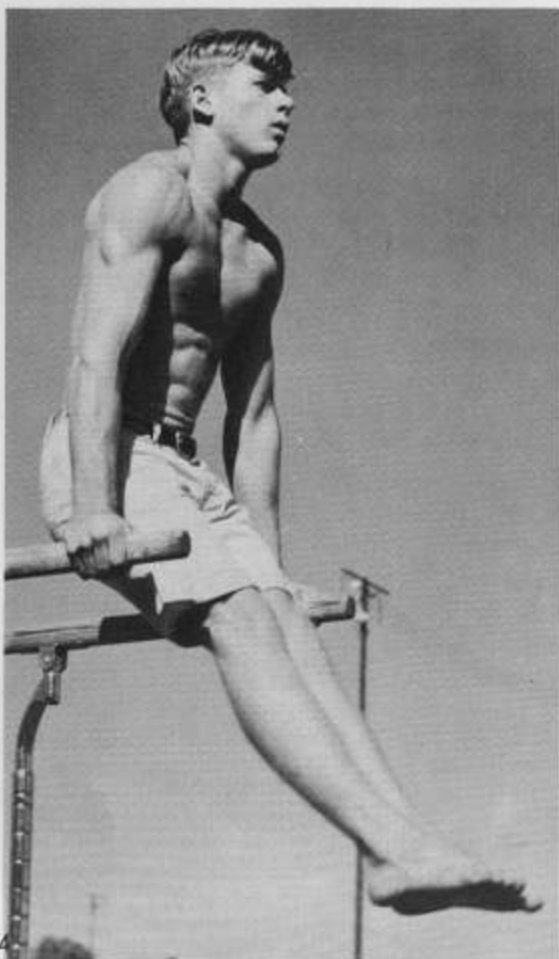
Several organs; muscles, heart, blood vessels and sweat glands under the direction of nerves, act together to regulate body temperature. Every cell in your body, through oxidation, produces heat. This process takes place in the muscles and is much more active than when the body is relaxing, still body temperature remains about the same. When body temperature is in danger of dropping, the brain causes increased activity in the blood vessels and muscles and more fuel is burned in the cells. Loss of heat occurs largely through the skin. Body temperature continues about the same even when more heat is lost due to cold air outside the body. Heat escaping from the body is controlled in two ways: First, the body regulates the amount of blood that comes into the skin by the expansion of the blood vessels. The blood carries the heat to the body surface, where it escapes and after this cooling process, the blood flows back into the interior of the body. Blood circulation tends to equalize body temperature. Second, the blood vessels in the skin contract when the outside air is colder than the body temperature. The vessels allow only a small amount of blood to pass through keeping the body warm. Heat loss may be increased or decreased through changes in blood circulation. The skin also regulates body temperature through the action of the sweat glands. During the summer when days are long and hot, the body produces more heat than it needs. The skin, with its millions of sweat glands, discharges perspiration through the pores. Perspiration is a mixture of water and waste products. Sweat appears on the skin surface when your body becomes overheated from exercise, excitement or heavy clothing on a hot day. The perspiration then evaporates making you feel cooler. The waste material mixes with oil from the oil glands and dirt from the air. The more you perspire, the more you drink! You feel hot,

moist and sticky on days when the temperature and humidity are high because perspiration has difficulty in evaporating. Moist air absorbs heat more rapidly than dry air does, and the body will lose more heat on a cold moist day than on a cold dry day.

SOME SKIN PROBLEMS

Warts, minute fingerlike projections of the skin's outer layer, develop as a result of an infection. No relation exists between warts and other diseases. They are very common on children and less frequent on adults. Warts can develop on any part of the body. 'Plantar warts' happen on the soles of the feet and make walking very painful. Sometimes a single wart is suddenly followed by an outbreak in the same area of the body. They are contagious. Moles usually appear at birth and may undergo changes and spread to the inner parts of the body. They appear singly. When warts and moles become bothersome they should be removed by a doctor. Never remove them yourself!

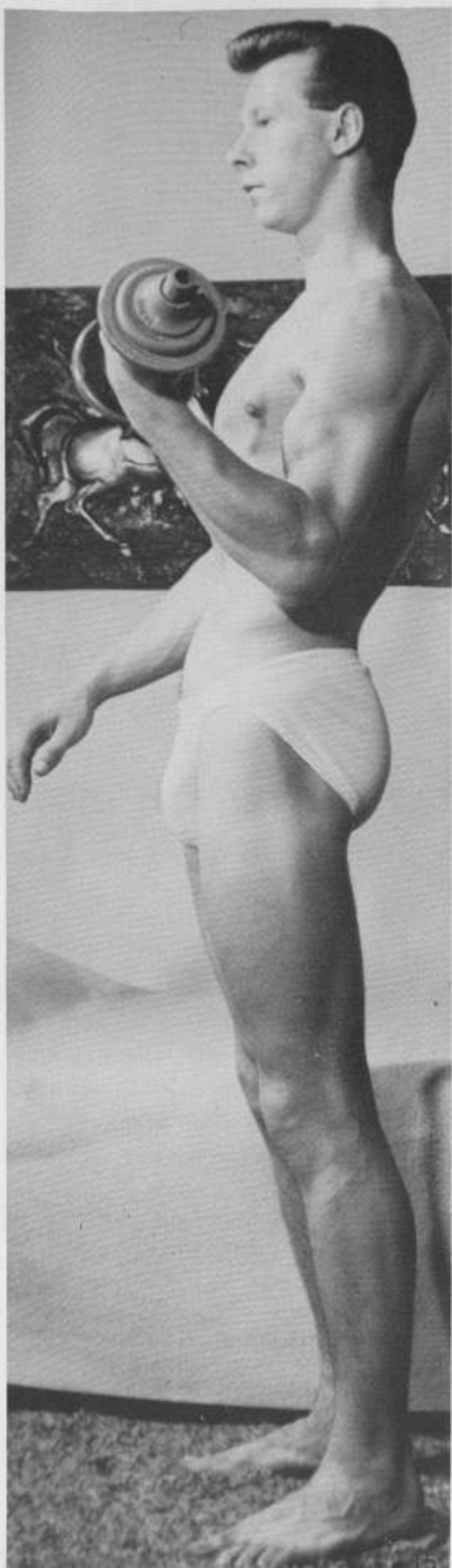
During adolescence, skin problems may arise. Hair growth and oil gland activity are in full swing. Pimples, whiteheads and blackheads (collectively called acne) appear on the face, shoulders and back. Acne can become a serious problem if left unchecked. Careful attention must be given to cleanliness, rest, diet and exercise. It can be prevented by eliminating too much fat, sugar and chocolate from the diet. A physician should always be consulted if an acne condition doesn't improve. Boils, carbuncles, and furuncles develop because of infection in the skin, usually at the root of a hair. Apply heat to hasten healing. This will promote ripening and drainage of pus. Never squeeze or handle the infected area. If the infection doesn't heal, see your doctor immediately. Remember! Skin care is important for good health and a good appearance!

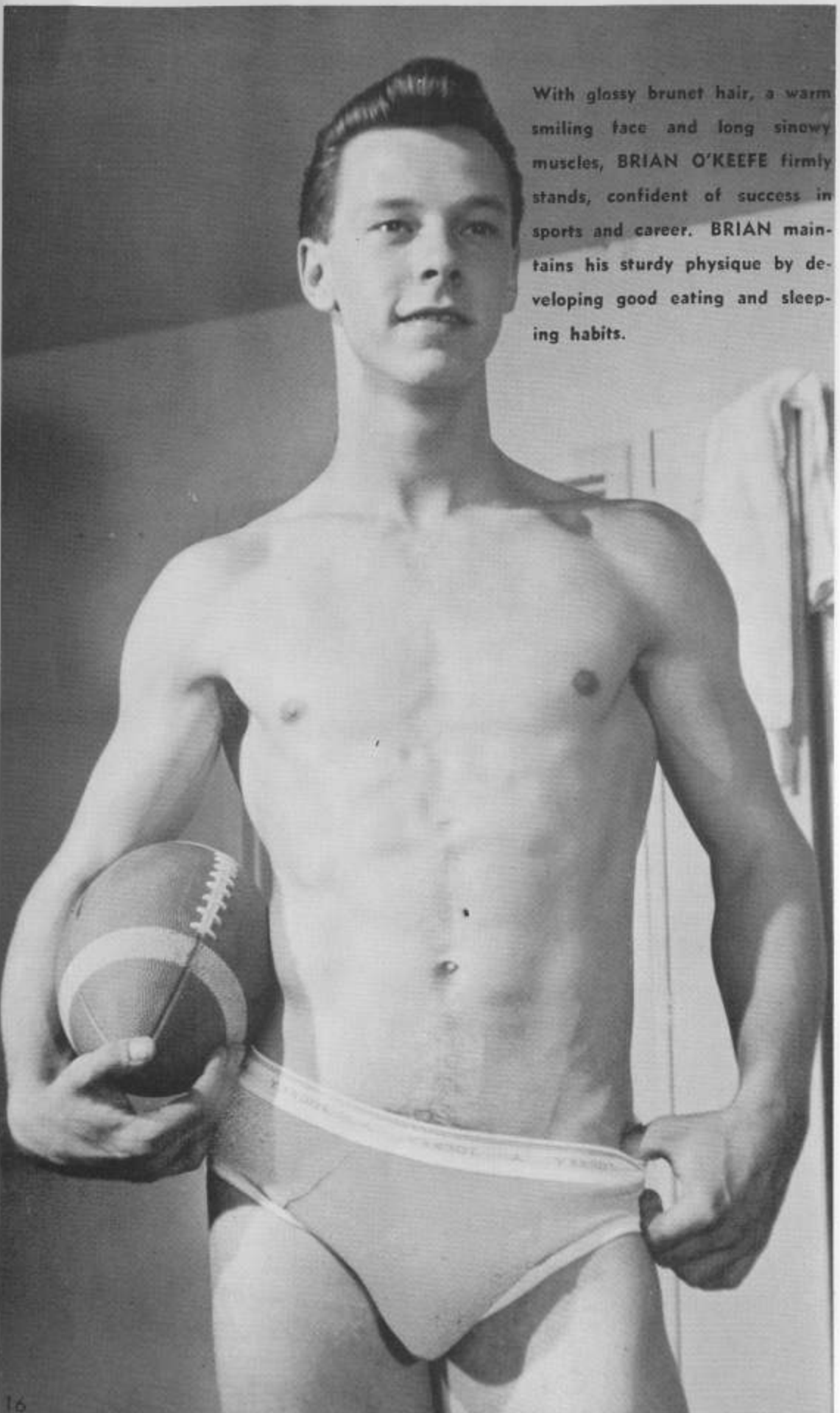


Gymnastics has always been an integral part of young men's physical development in Europe. Due to the recent wide exposure of the Olympic games, gymnastics is rapidly becoming a popular way of exercising in America. Here, boys are taught the fundamentals of gymnastics in grade school. This has resulted in fine university gymnastic competitions. The young member of Sunshine Beach Club (above) practices the hand stand on the even parallel bars.



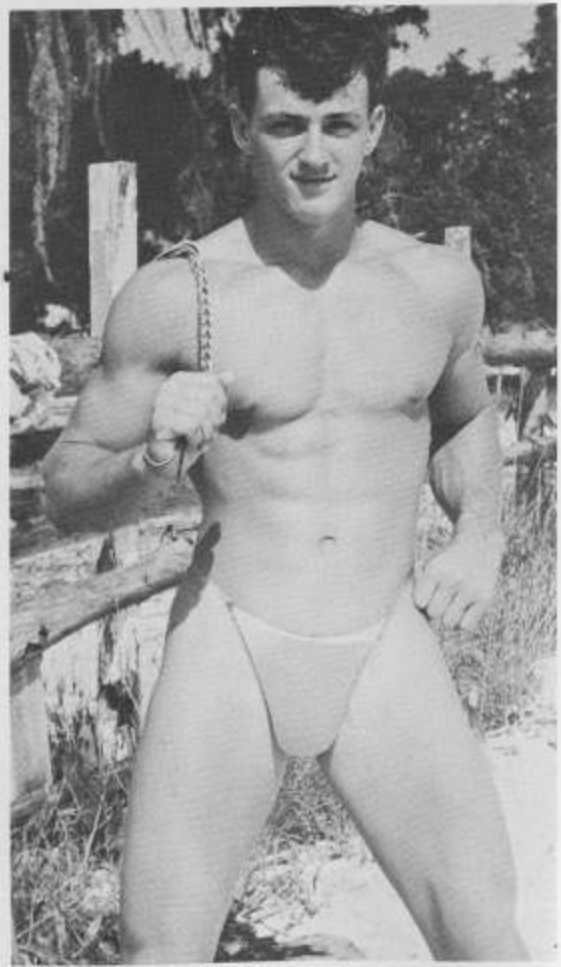
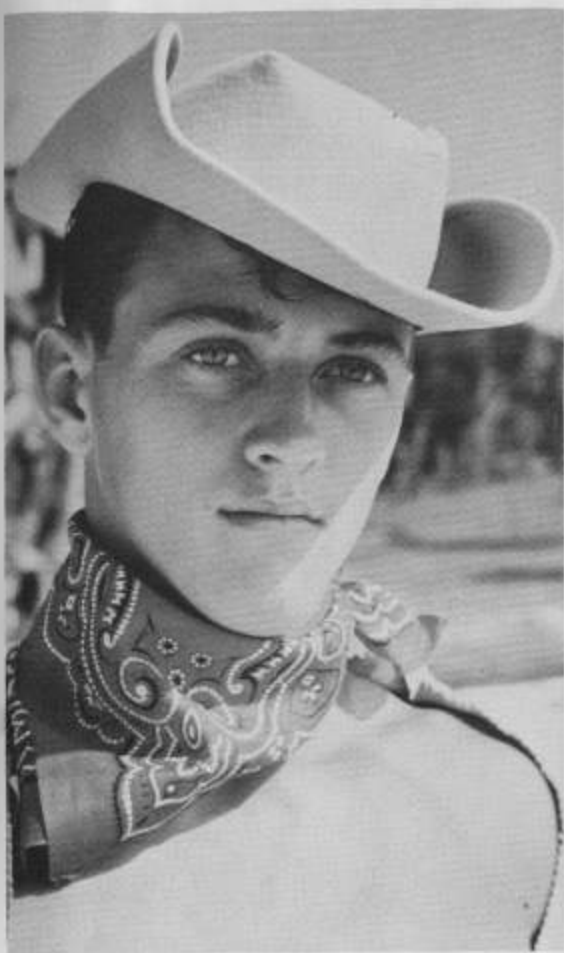
A vital 19 year old, **BRIAN O'KEEFE** knows that working out with dumbbells is an excellent way of exercising in a small space. **BRIAN** has a buddy assist him when he does sit-ups. After a session he and his nature loving friends go boating on Weequahic Park Lake in Newark's Ironbound District. When not at steelrigging, **BUDDY** studies Architecture at home. On hot days he takes off for the Jersey shore for lots of swimming and water skiing. **CHAMPION** catches **BRIAN O'KEEFE** in action! See pages 36, 37.



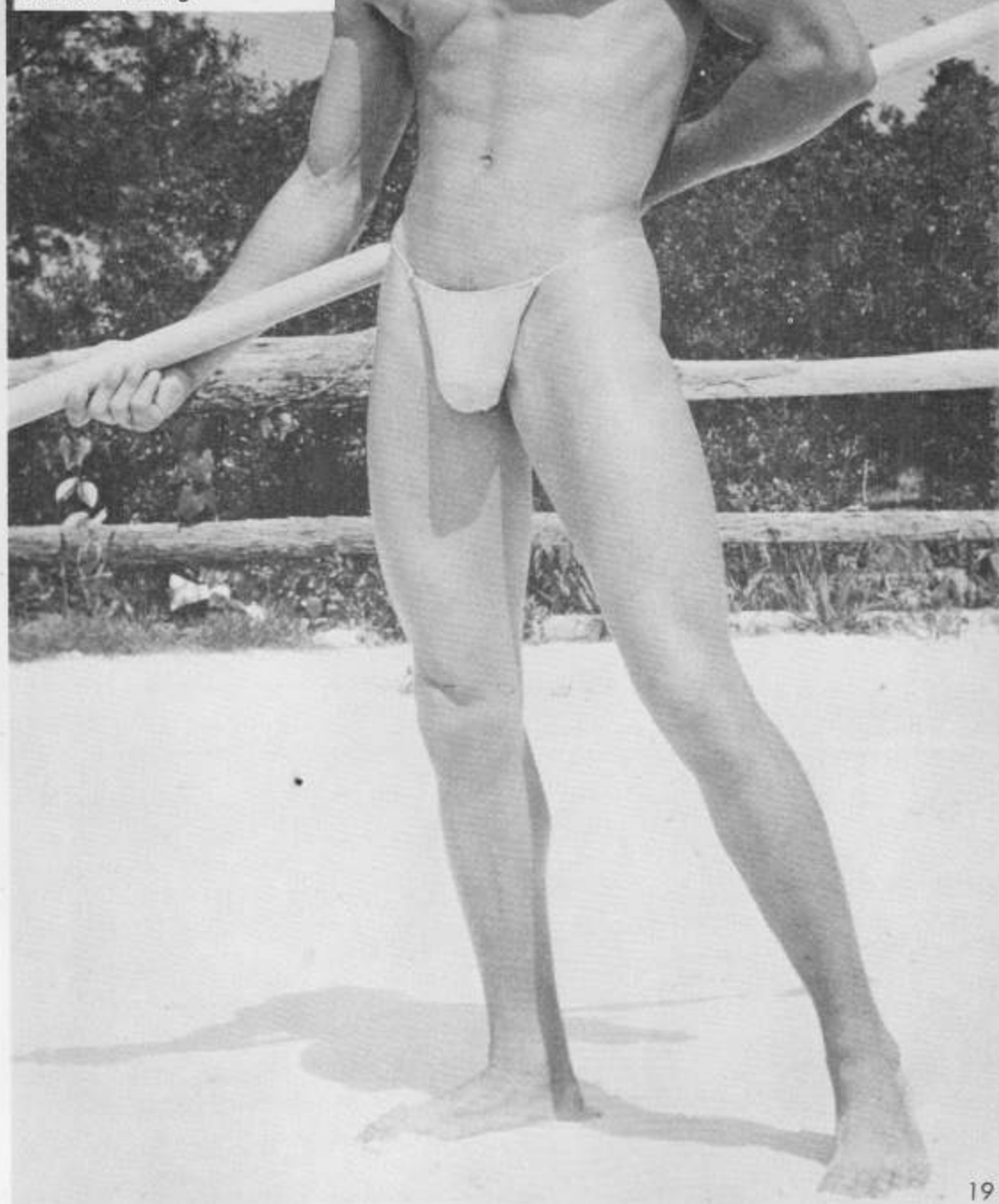


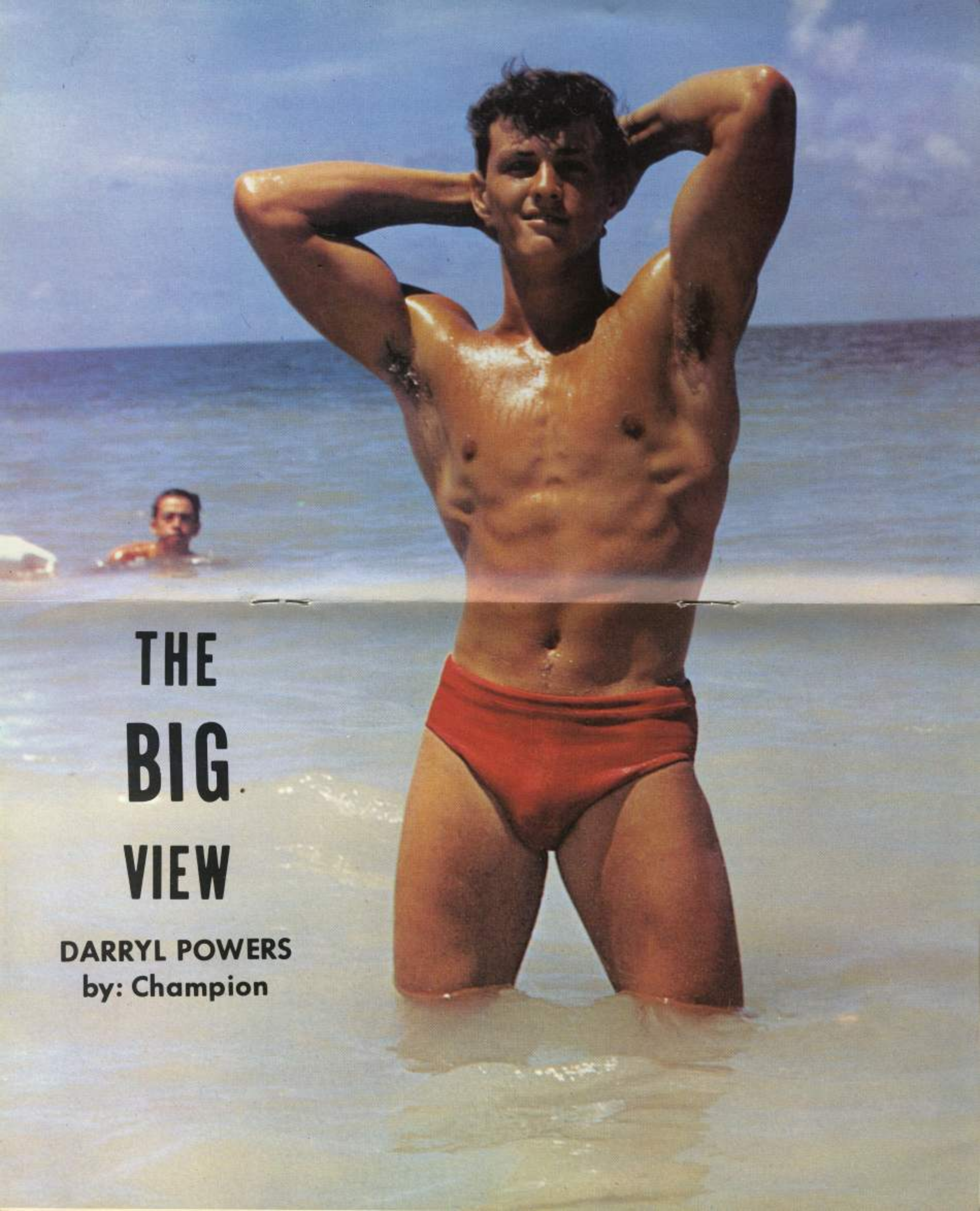
With glossy brunet hair, a warm smiling face and long sinewy muscles, BRIAN O'KEEFE firmly stands, confident of success in sports and career. BRIAN maintains his sturdy physique by developing good eating and sleeping habits.





Extraordinary 20 year old **DARRYL POWERS** brings a bit of the wild west to Sunshine Beach where he teaches horseback riding to young nudists. **DARRYL**, a former member of the Marine Corps, perfects his biceps and triceps on the sparkling white beach when not hose-jockeying at a close-by airport. Swimming and tennis keep our young action-minded nudist in superior form for either work or play **CHAMPION** captures **DARRYL POWERS** in motion. Turn to pages 36, 37 for his selector catalog.

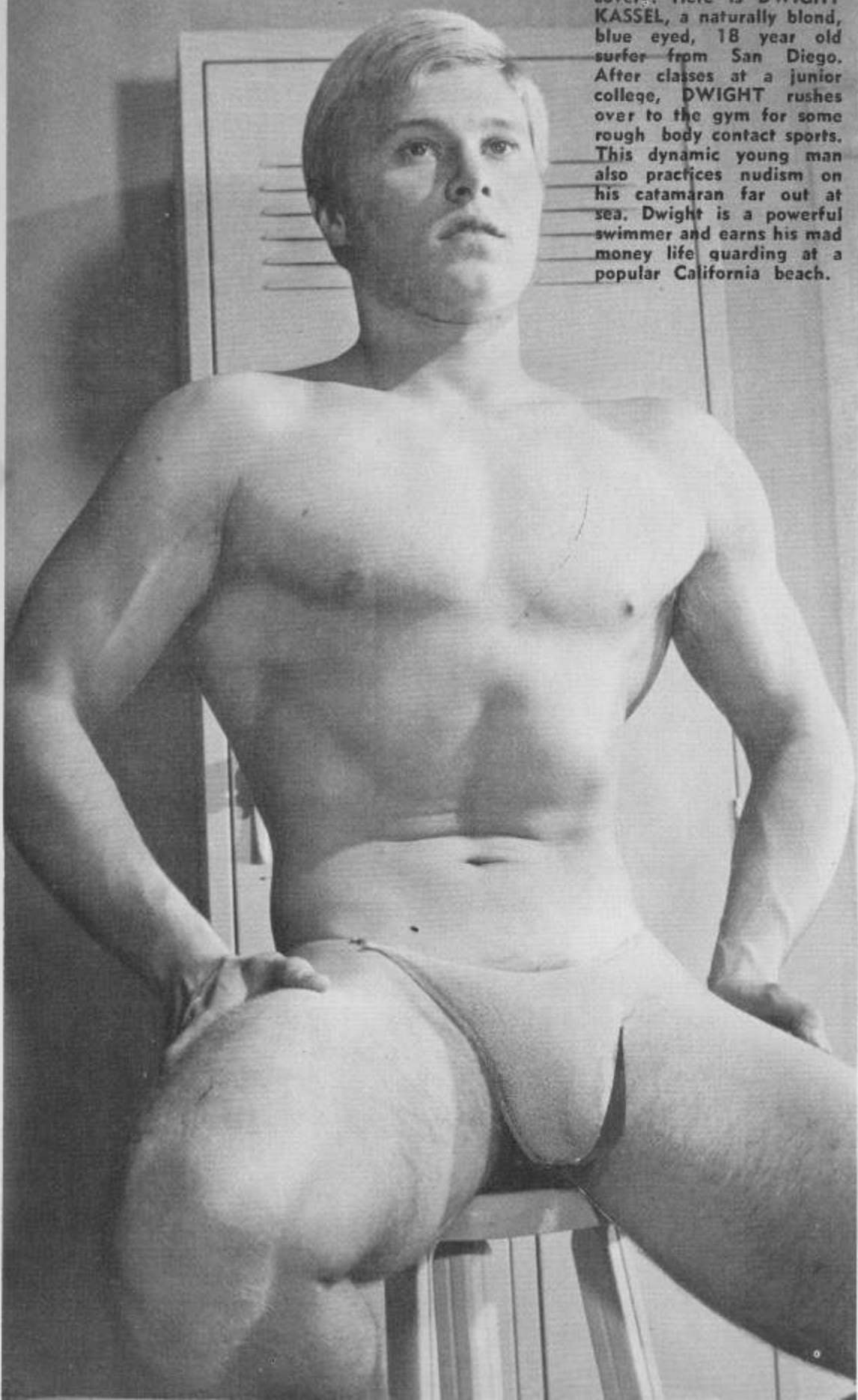




THE BIG VIEW

DARRYL POWERS
by: Champion

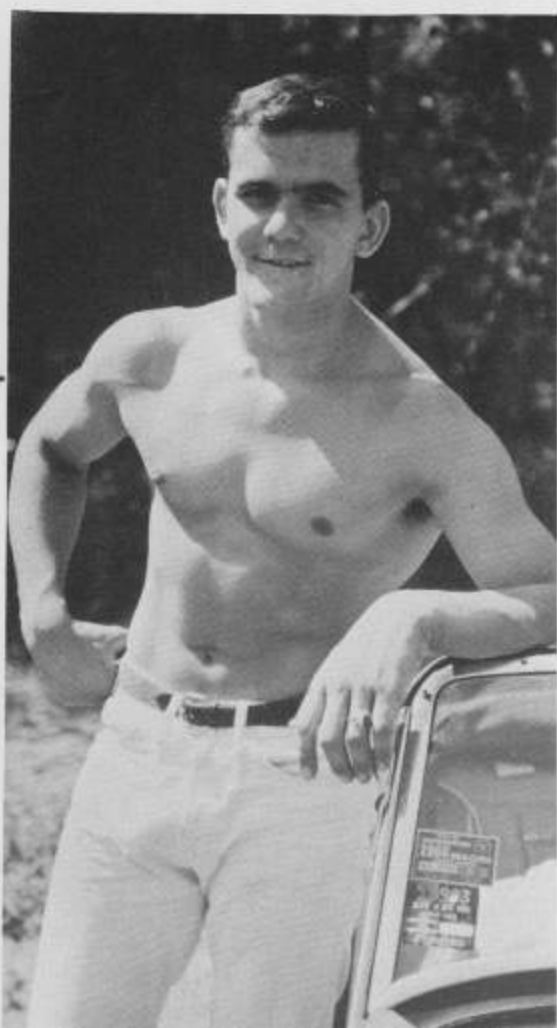
Champion makes a BIG discovery! Here is DWIGHT KASSEL, a naturally blond, blue eyed, 18 year old surfer from San Diego. After classes at a junior college, DWIGHT rushes over to the gym for some rough body contact sports. This dynamic young man also practices nudism on his catamaran far out at sea. Dwight is a powerful swimmer and earns his mad money life guarding at a popular California beach.

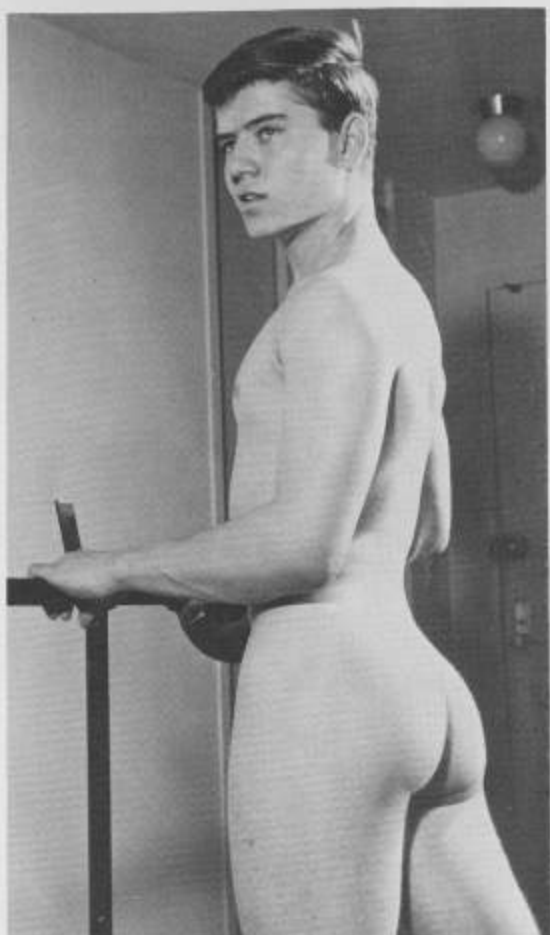
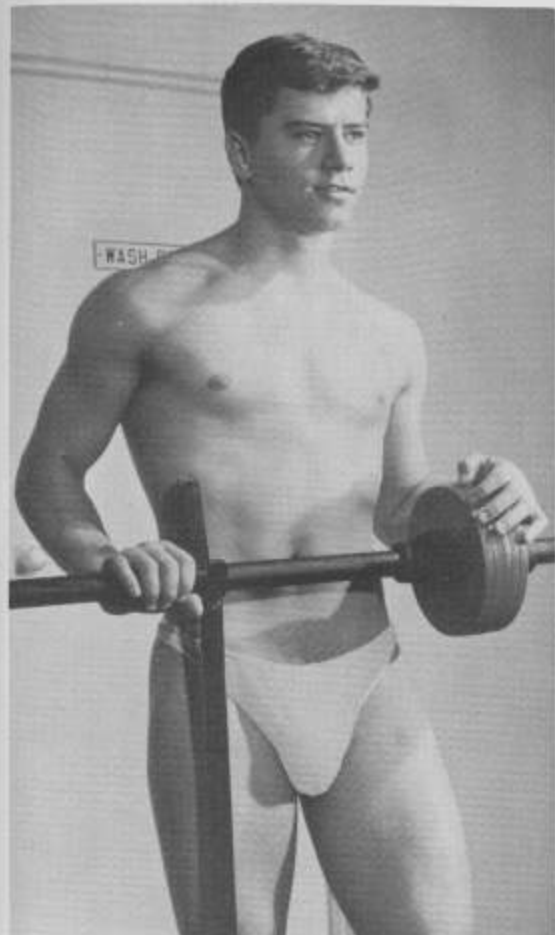




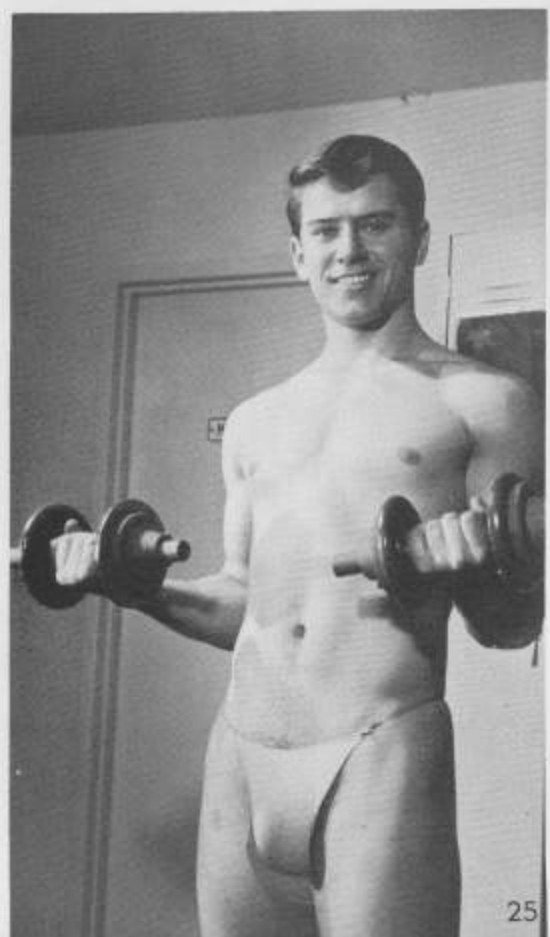


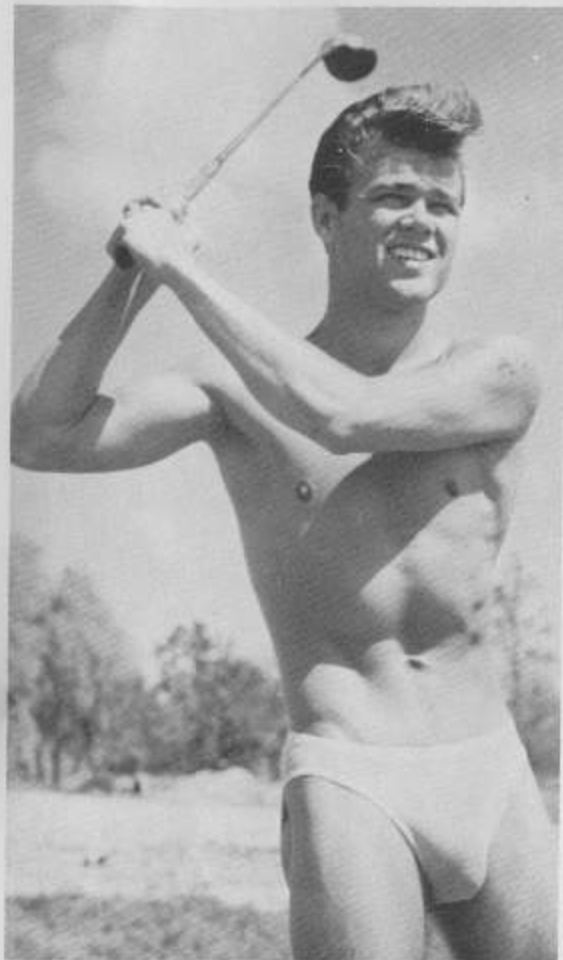
ROB THODER, 20 years old, displays a spectacular well-proportioned body construction. He developed his great physique lifting weights in his teens. Rod was state champ in gymnastics during high school and still exercises on the rings, horse and parallel bars. His construction worker job has also produced well toned chest and arm muscles. Now a leatherneck, Rob is always on time for playing a game of football with fellow Marines at the base.



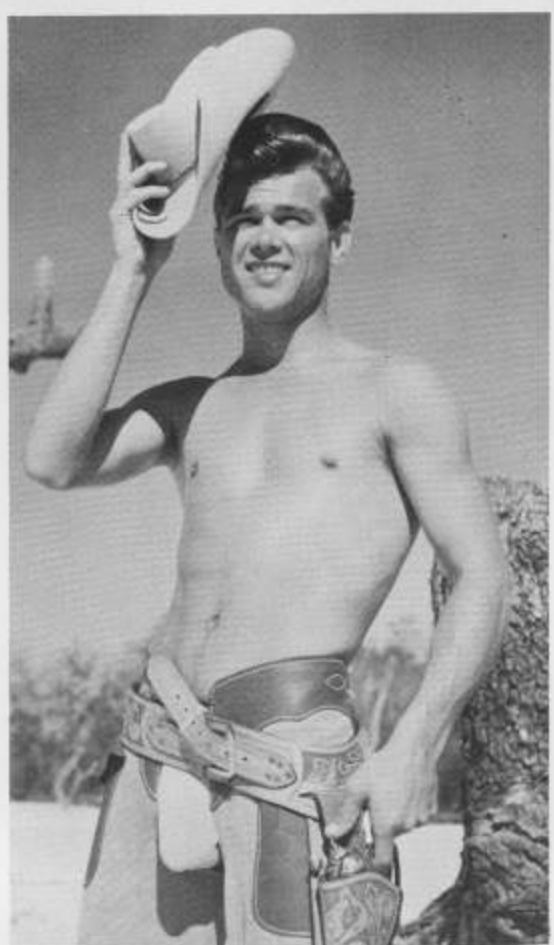
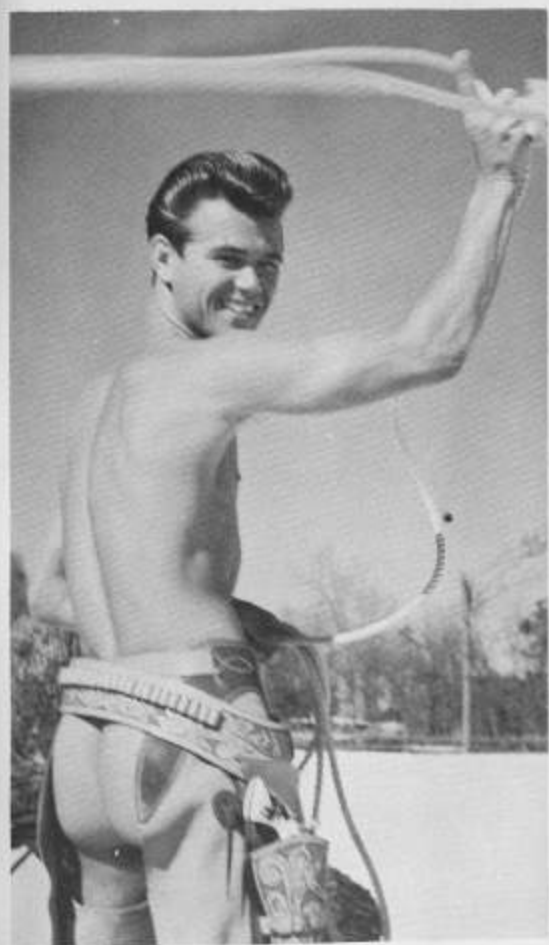
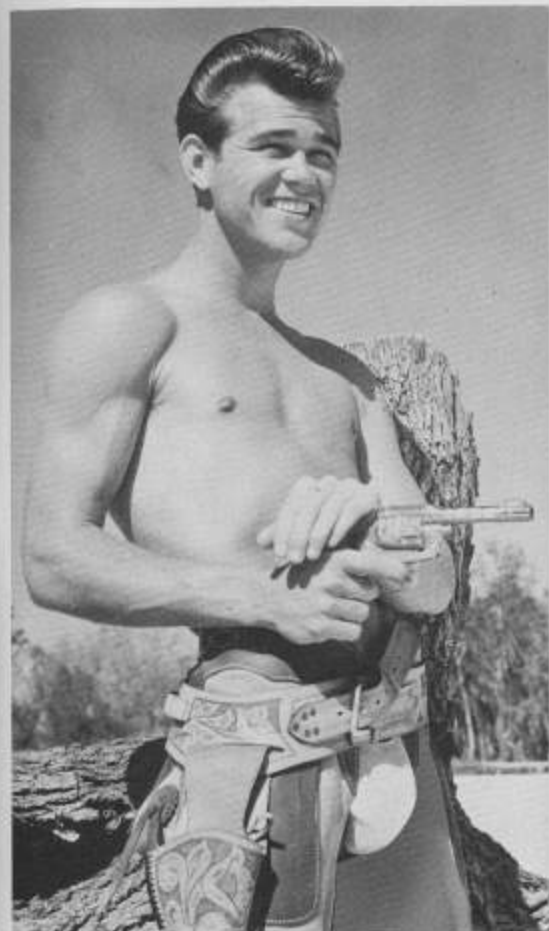


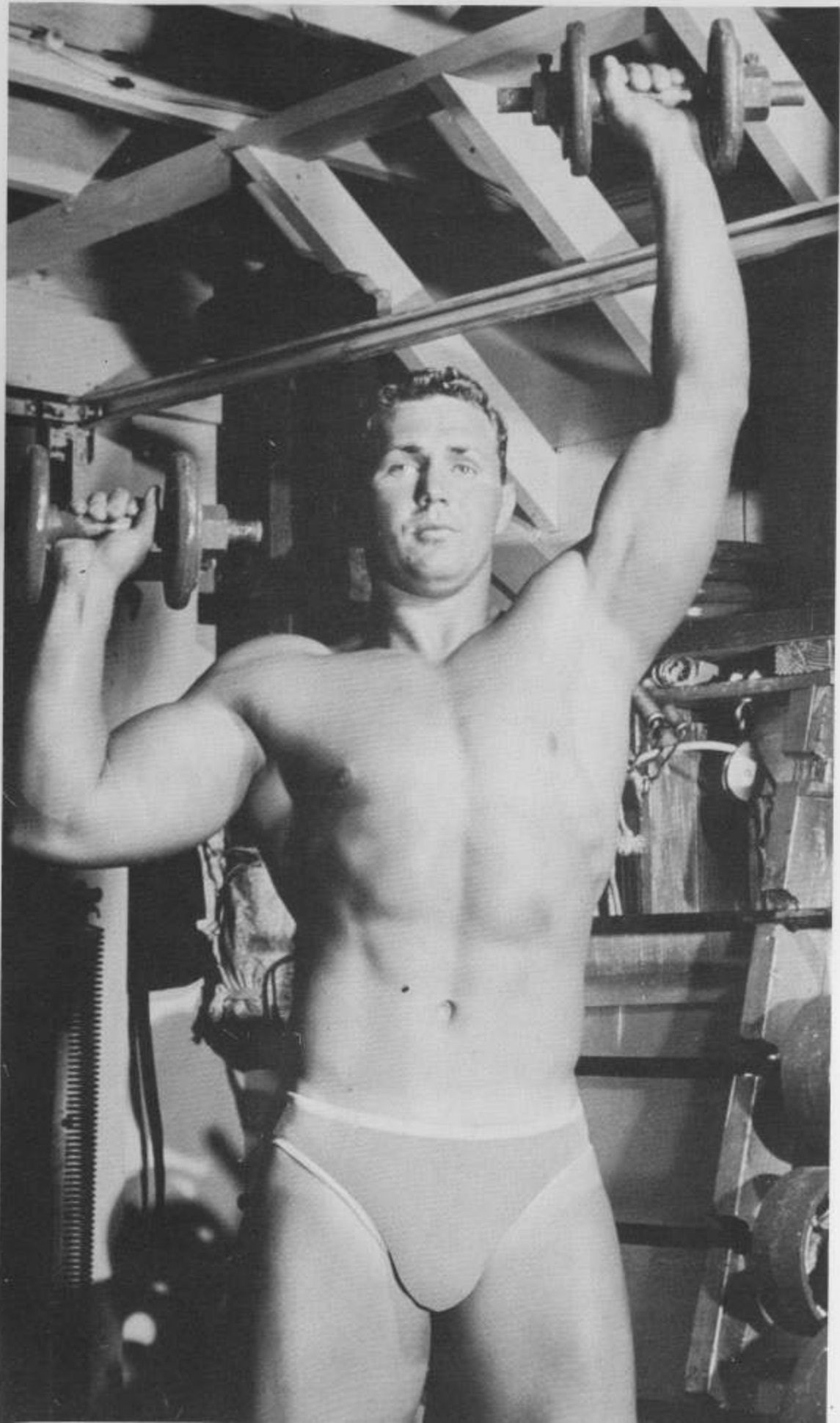
Working as a longshoreman, youthful SKIP HAMMER finds satisfaction exercising with barbells at a New York City gym on rainy days. But when it's hot and sunny, SKIP trips out to Long Island's beaches where he wrestles free style with buddies, runs over sand dunes and digs for legendary pirate treasure. SKIP leaves a dynamic muscular structure on CHAMPION'S color reference photos. See more SKIP HAMMER! Flip to pages 36, 37.

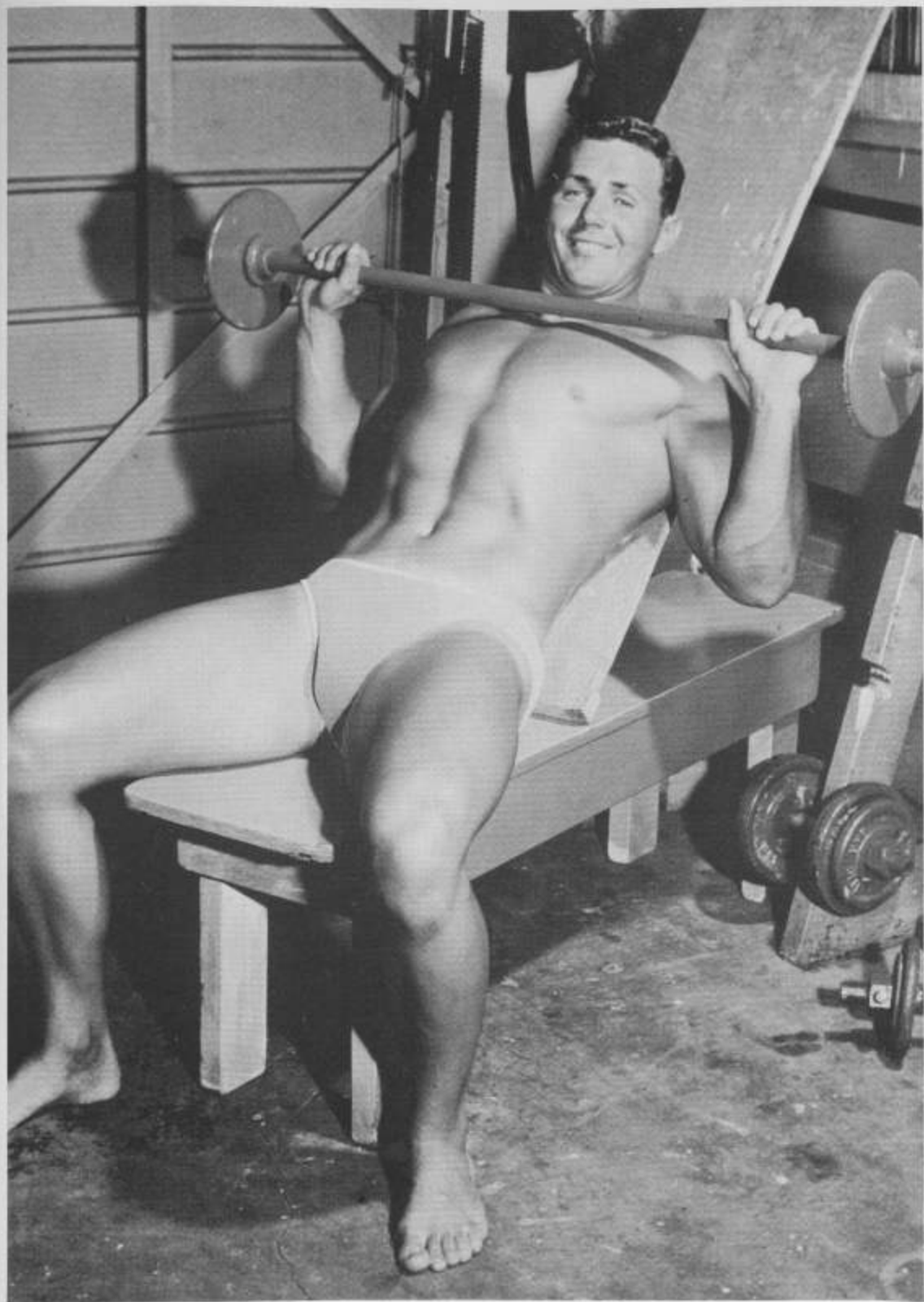




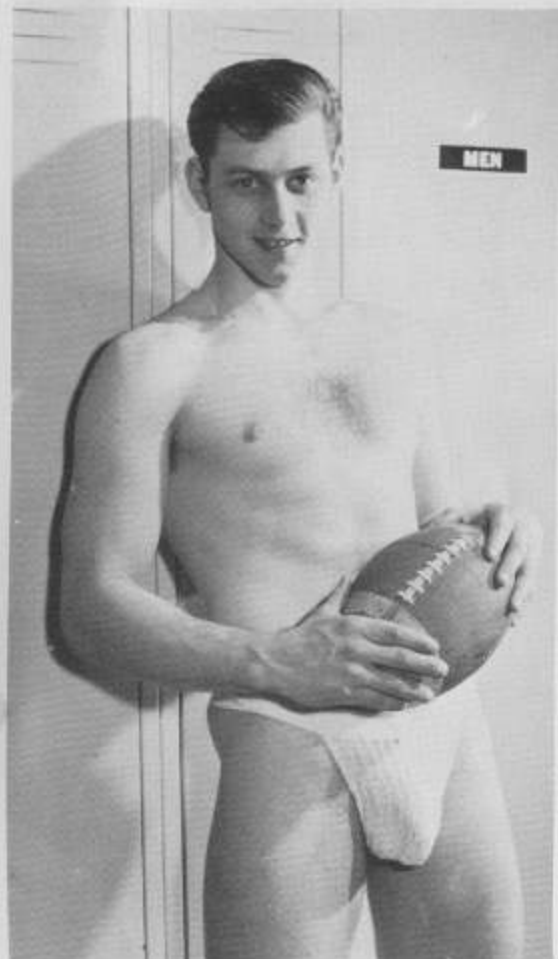
JIM CURTIS, powerful and slim, works at a northeastern seaside resort repairing in-board motors. Hard work has given him a stimulating healthy look and attitude. Jim is spending a short vacation at Florida's Sunshine Beach Club so that he can perfect his golf game and already exciting physique.







Mr. Eastern United States and Mr. Florida all in one, 23 year old DOUG BETTS handles weight with apparent ease only because he has been developing his naturally strong body for several years. Doug is frequently found exercising at his indoor nudist gym. His inspiring physique is used by artists and sculptors alike. Blond and blue eyed Doug Betts creates excitement where ever he goes.



Found near the shores of Lake Michigan, **BRAD DAVIS**, 18 years old with auburn hair, attends a Wisconsin prep school. He is majoring in Physical Education. **BRAD**, a talented quarterback on the football team, practices new plays long after his teammates have left. Five feet nine inches tall, Brad plans a bright future in the Marine Corps after graduation. **BRAD DAVIS** could make Milwaukee famous!





A well-formed structure and good looks make 19 year old GARTH SINGER something special for collectors and physical culturists. GARTH plays the guitar, motorcycles and tinkers with car engines. He is a friendly guy with a quick inviting smile. This pleasing guy regularly 'cuts out' from his many activities to further develop his fine body at a well equipped gym. GARTH is attending a midwestern college, majoring in Engineering.

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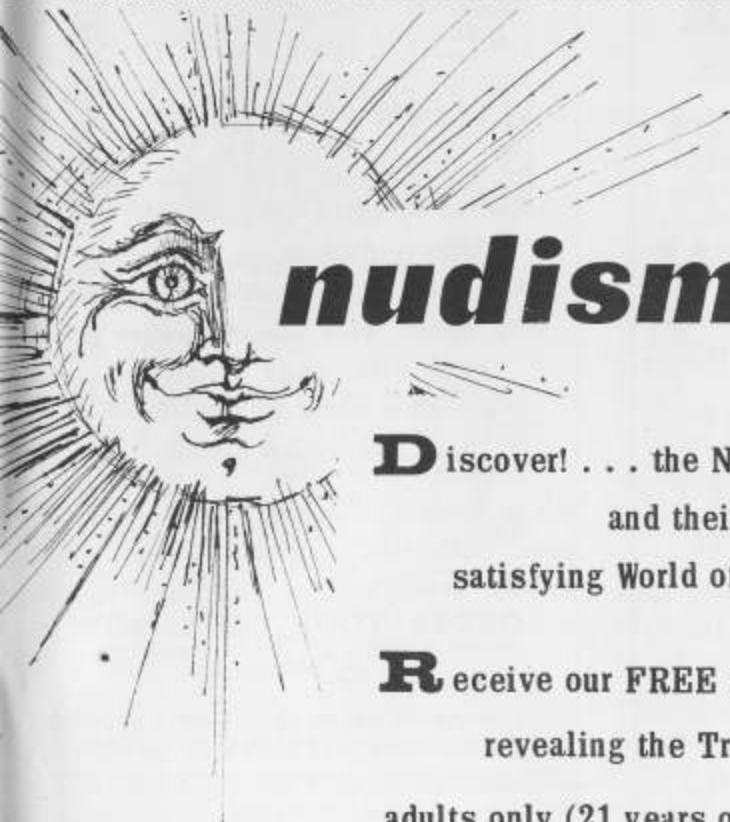
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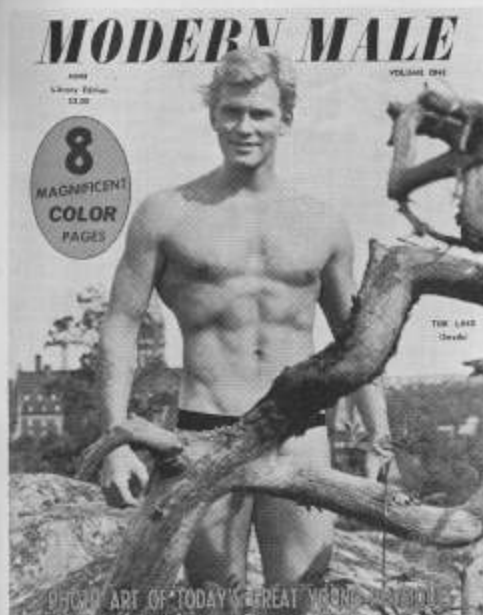
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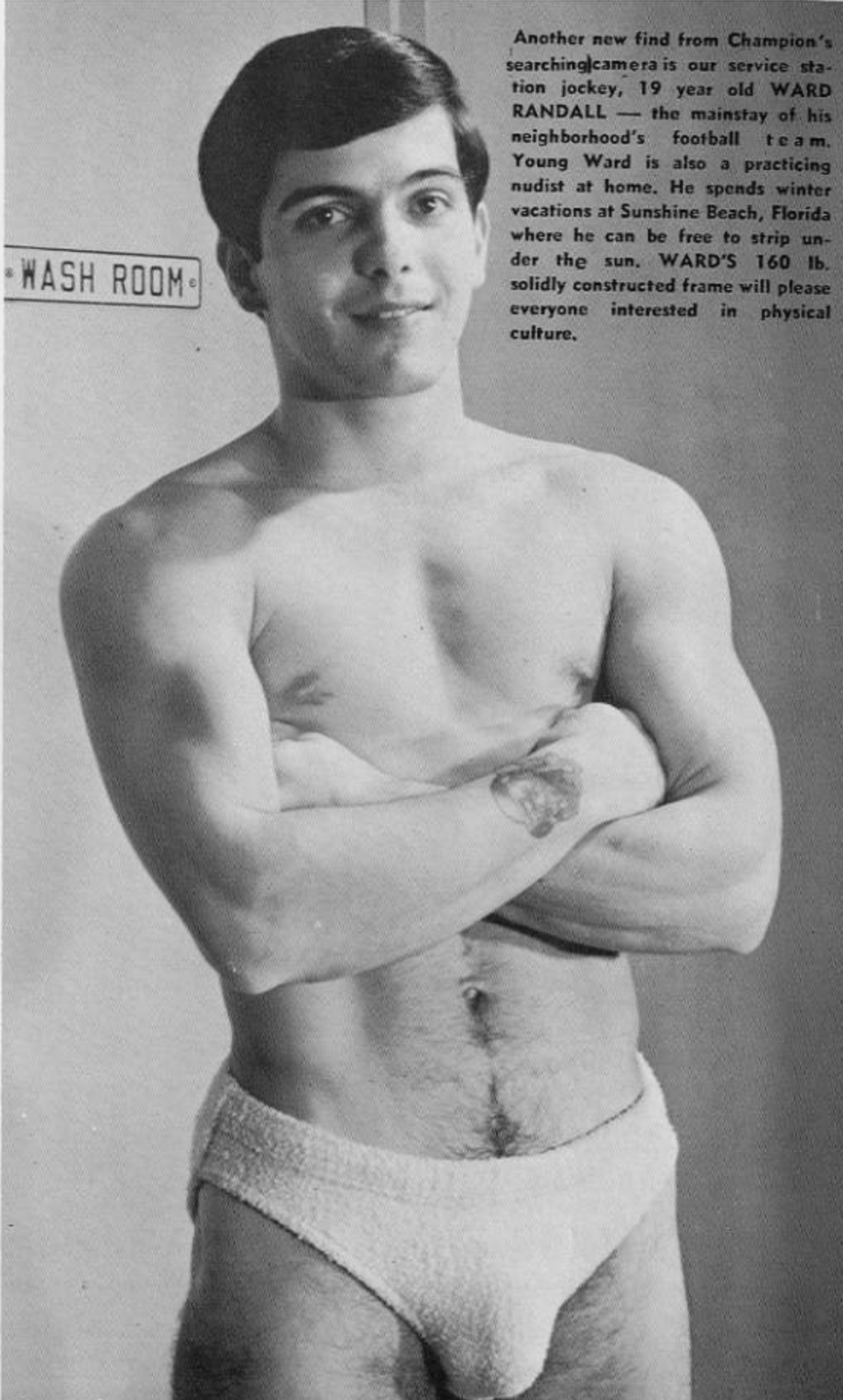
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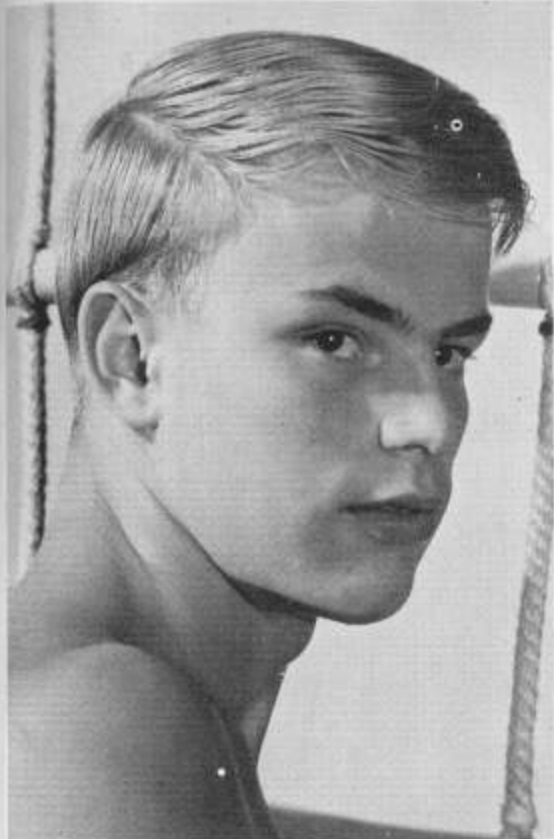
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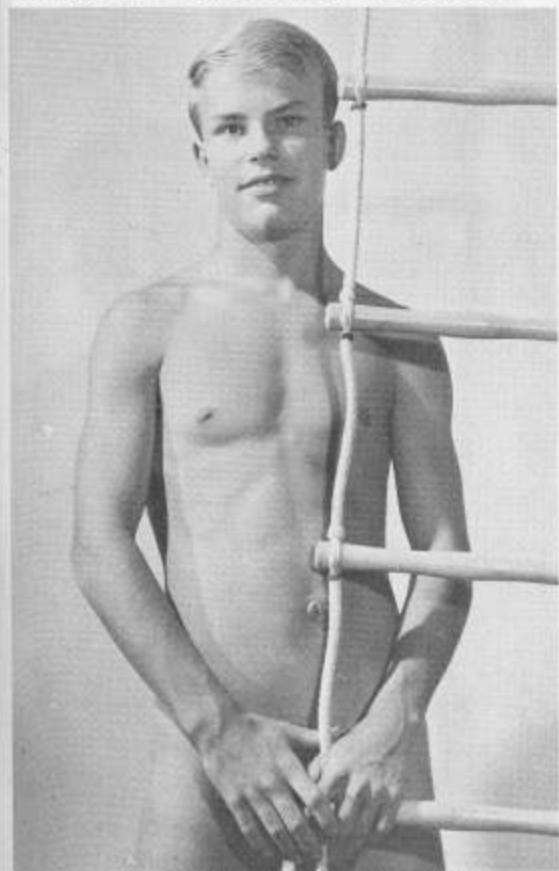


Another new find from Champion's searching camera is our service station jockey, 19 year old **WARD RANDALL** — the mainstay of his neighborhood's football team. Young Ward is also a practicing nudist at home. He spends winter vacations at Sunshine Beach, Florida where he can be free to strip under the sun. **WARD'S** 160 lb. solidly constructed frame will please everyone interested in physical culture.

WASH ROOM



A natural blond with an optimistic attitude, 17 year old Buddy Reagan is quickly learning the qualities of leadership. Buddy is captain of his high school swimming team. This indicates that he is on his way up in life. Champion is sure that Buddy will have no trouble climbing the ladder of success.



**BUDDY
REAGAN**
by
Champion

